

Special Issue

Sports Injury Prevention in Young Athletes

Message from the Guest Editors

Participation and competition in sports inherently carry a significant risk of injury, a concern that is particularly pertinent for young athletes. This Special Issue aims to advance knowledge in sports injury prevention, with the goal of informing strategies and guidelines that promote safe participation in sports for young athletes.

Specifically, we seek to explore and elucidate methods for preventing both acute and overuse injuries in this population. This may include intervention studies examining the efficacy of injury prevention programs or strategies, observational studies identifying risk and protective factors (e.g., maturation, sex differences, biomechanics, strength, flexibility, sleep, nutrition, training load, psychological characteristics, equipment, monitoring systems, and sports rules), and research employing multidisciplinary approaches to sports injury prevention in youth athletes, including holistic models and interdisciplinary frameworks, that address the biopsychosocial challenges inherent in youth sports.

Guest Editors

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Deadline for manuscript submissions

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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

Sports publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.6 days after submission; acceptance to publication is undertaken in 4.8 days (median values for papers published in this journal in the first half of 2026).